

DINNERLY



Indian Chicken Pita Pizzas

with Pickled Onion and Minty Yoghurt Sauce



30 minutes



2 Servings

Top pita bread with curried chicken, caramelised onion and zingy pickled onion, then drizzle with a creamy mint sauce – it's a delicious pizza mash-up the whole family will love!

WHAT WE SEND

- 1 red onion
- mint
- free-range chicken thigh fillets
- 10g Malaysian mild curry powder
- 4 pita breads ^{1,6}
- 100g Greek-style yoghurt ⁷

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs red or white wine vinegar ¹⁷
- ½ tsp sugar
- 1½ tbs vegetable oil
- 2 tbs tomato paste

TOOLS

- large oven tray
- baking paper
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Milk (7), Sulphites (17).
May contain traces of other allergens.

NUTRITION PER SERVING

Energy 635kcal, Fat 25.4g, Carbs 57.4g,
Proteins 40.3g



1. Prep ingredients

Preheat the oven to 220C. Line a large oven tray with baking paper. Thinly slice the **onion**. Reserve a few small **mint** sprigs, then finely chop the remaining leaves, discarding the stems. Crush or finely chop **2 garlic cloves**. Thinly slice the **chicken**.



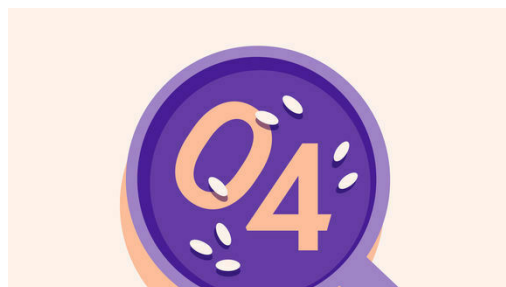
2. Pickle onion

Combine **1 tbs red wine vinegar** and **½ tsp sugar** in a bowl (see Make it yours). Add **half the onion**, season with **salt** and toss well to combine. Set aside to pickle, tossing occasionally, until needed.



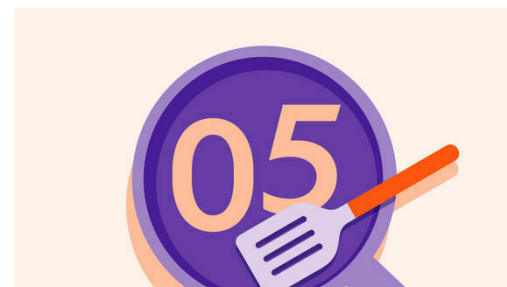
3. Brown chicken

Combine the **curry powder**, **garlic**, **remaining onion** and **2 tsp vegetable oil** in a large bowl. Add the **chicken**, season with **salt and pepper** and toss to coat. Heat a medium frypan over high heat. Add the **chicken mixture** and cook, stirring, for 4-5 mins until the chicken is browned and the onion is starting to caramelise. Remove the pan from the heat.



4. Bake pizzas

Combine **2 tbs tomato paste** and **1 tbs vegetable oil** in a bowl. Put **2 pita breads*** on the lined tray. Spread with the **tomato mixture**, then top with the **chicken mixture**. Bake the pizzas for 8-10 mins until the bases are golden and crisp. Meanwhile, put the **yoghurt**, **chopped mint** and **2 tsp water** in a bowl, season with **salt and pepper** and stir to combine.



5. Serve up

Drain the **pickled onion**, discarding the pickling liquid. Top the **pizzas** with the pickled onion and **reserved mint sprigs**. Drizzle with the **yoghurt sauce**, then cut into wedges and enjoy!



6. Make it yours

If you're not a fan of pickled onion, simply cook all the onion with the chicken in Step 3.